

Black History Month wrap up

The Black History Observance Committee had a record breaking attendance at its events this year. More than 2,500 people took part in the activities. The following is a wrap up of the events that took place during the month.

Feb. 1 – Gospel fest at the Base Chapel – The 2004 Robins Air Force Base Gospel Program kicked off this year’s “Super Bowl Sunday of Praise and Worship”. Area gospel groups and praise worshippers participated.

Feb. 6 – 5K fun walk and run – More than 125 participants from 15 organizations took part in the 5K Health Fun walk sponsored by the committee. Each organization entered a five-member team to compete for T-shirts, water bottles, certificates and bragging rights to the best-fit organization. The Center Contracting Directorate team braved the elements to grab first place in 23.21 minutes. The team members were Dave Tenebaum, Steve Bury, Nick Haas, Theodore Rivera and Mark Dillinger. Second and third place winners were 78th Communication Squadron, 25.28 minutes and 78th Civil Engineering 27.32 minutes.

Feb. 11 – Health fair – The theme for this year’s Health Fair was “Uniting for a Healthier Work Force”. The BHOC sponsored 25 participants to receive free glucose and cholesterol checks. Other free screenings included fat analysis, nutrition, stress management, and blood pressure checks. The committee also featured information on HIV and AIDS awareness and alternative medicine. Bone marrow and organ donor and lung information was also provided. Several health awareness luncheon seminars were offered.

Feb. 13 – BHOC luncheon – This year’s luncheon’s theme was “Brown v. the Board of Education,” and featured special guest speaker retired Maj. Gen. Joseph A. McNeil. General McNeil delivered a dynamic speech to more than 365 people. The audience was inspired by listening to an original strategist of the lunch counter sit-in from the ‘60s.

Feb. 20 – Grand finale dinner theater – Black History Dinner Theater featured entertainment by the contemporary jazz ensemble “Five Men on a Stool.” The quintet is known for their spoken word performances and jazz. The event was sold out, and there were 400 in attendance.

Feb 21 – Youth Cultural Expo – The Youth Cultural Day program was a great success for the children of Middle Georgia. After breakfast, Mr. Fred Wilson, from the Board of Education, spoke to the children on the importance of completing their education. The Youth Committee put on a skit about how Ms. Linda Brown and her family were involved in the historic “Brown vs. the Board of Education” case. A brief question and answer period on famous blacks from Georgia allowed the children to participate, as well as showcase their talent. Mr. Anthony Lauderdale from Mercer University was the speaker for the event’s luncheon. The last presentation of the day was the African dance group “Sashei”, who performed African dancing, rapped and told stories.

Career forum – The committee presented a forum of 11 panelists including Mistress of Ceremony Calandra Wright, WMAZ newscaster. The panel members included Maj. Dewaine Bell; Mr. Michael Bryant, field representative to Congressman Bell; Mr. Eugene Felton, attorney; Mr. Tony Gilbert, NFL - Jacksonville Jaguars; Mr. Leland Ragin, CEO, Legacy Sports Marketing &



Mr. Ken Ford, violinist for the ensemble Five Men on a Stool, performs at the Enlisted Club Feb. 20. The quintet includes Mr. Hank Stewart, a poet, orator and motivational speaker; Mr. Ford; Mr. Leonard Julien III, the baritone, the tenor and even the falsetto vocalist; Antonio Allen, the saxophonist, music stylist, and the infinite note sustainer; and Mr. O.J. Harper, the keyboardist and lyricist. These men collaborate to bring the spoken work combined with going back to music from ‘old school’, gospel and today’s inspirational.



The 2004 Robins Air Force Base Gospel Program kicked off the month’s observances with the ‘Super Bowl Sunday of Praise and Worship.’ The event featured area gospel groups and Praise worshippers. Above, The gospel group ‘God’s Men With Vision’ perform.



People clap their hands in time with the music provided during the ‘Super Bowl Sunday of Praise and Worship.’



More than 125 participants from 15 organizations took part in the 5K Fun walk and run sponsored by the BHOC Feb. 6.

Management Inc.; Dr. Shariba Rivers, chief of staff Fort Valley State University; Col. William Saunders, Inspector General; Dr. Wanda Smith-West, superintendent Twiggs County schools; and Mr. Fred Wilson, Houston County Board of Education.

BHOC-sponsored scholarships – The committee is sponsoring five \$500 scholarships to high school

seniors. The criteria includes: 2.5 GPA, community involvement, participation in extracurricular activities, a 500-word essay explaining how the decision of the landmark case, Brown v. the Board of Education of Topeka, Kan., has affected them. Deadline for applications is March 15. For more information, contact 1st Lt. David Haggler 926-8299.



Retired Maj. Gen. Joseph A. McNeil delivers a speech at the Enlisted Club. General McNeil was one of the original strategists of the lunch-counter sit-in from the ‘60s

CROSSWORD PUZZLE



Women’s History Month

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

- ACROSS
1. Lady

6. First woman elected to the US House of Representatives (1916)

11. Regretted

12. Killer whale

15. Craves

17. Stare

18. Condemn

19. Rubber

20. Blockade

22. Star Trek character

24. Woman who established first charitable organization for women

26. French cubist painter Fernand _____

28. Oklahoma town

29. Cash machine

30. Runner-up place

31. Lairs

34. First native born American woman to be made a saint (1809)

35. Military pay statement

36. Small restaurant

40. First woman elected mayor in America (1887)

41. Intimidate

43. Direction to NY from Texas

44. Beneath

45. Actor Vigoda

46. Part of a min.

47. Terminate

48. French lady (abbrev.)

50. First U.S. woman with a medical degree (1849)

54. Wisconsin college

55. Type

57. First woman U.S. governor – Wyoming (1925)

60. Italian three

61. Snakelike fish

62. Bet

63. First woman to win a Pulitzer Prize (1921)

64. Golf props
- DOWN
4. Steinbeck novel, East of _____

5. First woman publisher in America (1766)

6. Aries sign

7. National radio network (abbrev.)

8. First U.S. woman to receive a patent (1809)

9. Slight

10. Apollo 11 astronaut

13. Bellow

14. Cohort

16. Ostracize

21. USAF Korea AB

23. Faction

24. Actor Sean of Sam I Am

25. Beware the _____ of March; Julius Ceasar

26. Confederate general

27. First African-American woman to receive a patent (1885)

30. Compass direction

32. Frequency used for video satellite feed

33. Each

35. Cyclist Armstrong

37. Ancient

38. Object

39. Duration

40. Center of the solar system

41. Competent

42. Affluence

43. Salamander

45. Women’s suffragist _____ Hadassah Smith

46. What Tommy Moe is

47. Woman’s magazine

49. Relieves

51. Actress Witherspoon of Twilight

52. Garnishment

53. Spoiled child

56. Dutch airlines

58. Single

59. Sault ____ Marie

For puzzle solution, see March 12 edition of the Rev-Up

Puzzle solution for Feb. 27



LEAVE/TRANSFER

The following people have been approved as participants in the leave transfer program.

Mr. Johnny L. Wood, WRALC/ LTHS. Point of contact is Mr. Carmine J. Forzono at 926-7700 extension 1748.

Ms. Joy A. Brown, WRALC/LSEEV. Point of contact is Mr. Jim Botkin at 926-2994.

Mr. George E. King II, WRALC/LSEEW. Point of contact is Ms. Linda Matlock at 926-5948.

Ms. Margaret M. Falk, WRALC/LGEAB. Point of contact is Ms. Monica DeBiase at 926-4523.

Employee-relations specialists at 926-5307 or 926-5802 have information and instructions concerning requests to receive or donate annual leave. To have an approved leave recipient printed in the Rev-Up, directorates should send information to Angela Trunzo by e-mail at angela.trunzo@robins.af.mil. Submissions run for two weeks.

Planner

FAMILY SUPPORT CENTER

Family Support Center sponsored classes, workshops, and seminars are open to all Team Robins personnel and their eligible family members. The FSC is located on Ninth Street in Building 794. For additional information, or to make a reservation, call 926-1256.

Interviewing strategies
The Transition Assistance program, Interviewing Strategies, will be Monday, 1 - 3 p.m., Building 905, Room 139.

Smooth move
The next Smooth Move workshop will be Wednesday, 8:30 a.m. – noon, Building 905, Room 159.

Community tour
The FSC Community Tour for all Team Robins members and their eligible family members will be Wednesday, 8:30 a.m. - 2:30 p.m.

Meet at the FSC.
The tour includes a “windshield” of Macon’s downtown and residential historic district with commentary on the history of Macon and its people, past and present.

TAP workshop
The next three-day Department of Labor sponsored Transition Assistance Program Workshop will be March 15-17, 8:30 a.m. - 4:30 p.m., each day, Smith Community Center Ballroom. Personnel leaving the military within the next six months need to sign up as soon as possible. Spouses are encouraged to attend. Reservations are taken on first-come, first-served basis within the appropriate separation or retirement dates.

Resume and cover letter
A Resume and Cover Letter Workshop will be March 17, 9 - 11 a.m., Building 945, FSC Annex.

Federal job class
Federal employment uses a different hiring system than the civilian sector. The “How to Apply for a Federal Job” class helps to increase hiring possibility by educating personnel about the variety of federal jobs, the qualifications and the classification process, and the steps involved in applying for these jobs. The next federal jobs class will be March 18, 9 - 11 a.m., Building 905, Room 246.

Reunion survival tips
The FSC will offer how-to’s and survival tips to negotiate the challenges and stages of reuniting with loved ones March 19, 9 -10 a.m., Building 945, FSC Annex.

Spouse Appreciation contest
The deadline for nominations is March 17.

SERVICES BRIEFS

Civilian Recreation
Civilian Recreation will host a Win, Lose or Draw team challenge at 6 p.m. March 26 at the Smith Community Center. For more information, call Ms. Lynne Brackett at 922-4415.

Fitness Center
The Fitness Center massage therapy will relocate to Lodging, Building 755, Room 5120, Tuesday. Appointments are available between 11:30 a.m. - 3:15 p.m. Tuesdays, Fridays and on Saturdays from 9 - 11:30 a.m. Costs are: half-hour massage, \$35; one-hour massage, \$45; one-and-half-hour massage, \$60; one-and-half-hour facial massage, \$60 and one-hour aromatherapy, \$50. For more information or to make an appointment, call the fitness center.

The Health and Wellness Center, Building 827, offers the following

amenities for Fitness Center customers: circuit training class, racquetball courts, wallyball courts, table tennis, spinning class and basketball court. Customers may enter the HAWC building by using the walkway on the west end of the Fitness Center.

ITT
Explore and expand your horizons during the ITT Travel Show Wednesday from 10:30 a.m. - 1:30 p.m. in the Smith Community Center ballroom, Building 767. Random prize drawings will be held throughout the event while over 40 travel representatives will provide information and hand out giveaways.

For one day only, Wild Adventure Theme Park, Valdosta, Ga., season tickets will be available at the ITT Travel Show Wednesday from 10:30 a.m.- 1 p.m. for \$55. These tickets are good for ages three and older. Season

parking passes will be available for \$21 per car. For more information, call 926-2945.

Mack-Tyme Entertainment presents BET’s Coming to the Stage Comedy Jam featuring Lil JJ, Denny Live and Justin Mitchell March 13 at the Holmer J. Walker Civic Center. Admission tickets for this family-friendly comedy show are available at ITT for \$18 until 5 p.m. March 12. Doors open at 7 p.m., and the show begins at 7:30 p.m. for ages 13 years and older. An adult after party will be held at the Robins Enlisted Club. Cost is \$7 with ticket stub or \$10 without. For more information, call ITT.

Tickets for the Atlanta Symphony Orchestra are \$5 for students and \$9 for adults. The orchestra will perform at the Georgia National Fairgrounds, Perry, Ga., March 18 at 7:30 p.m. For more information, call ITT.

SPORTS BRIEFS

Bowling Center
■Go fishing at the bowling center on Thursdays in March to determine the price for a game of bowling.
■To celebrate the anniversary of the first paper money issued in the U.S. the center will offer three games of bowling and shoe rental for \$5 per person during open bowling Wednesday.
■Wear Green March 17 and bowl for \$1.50 per game during open play.

Fitness Center
A St. Patrick’s Day run will be held

March 17 at 11 a.m. in front of the Health and Wellness Center.

Golf Course
■A spring break junior golf clinic will be held March 16 - 18. Cost is \$40 and is limited to the first 15 paid juniors in each class. Times are 9 - 11 a.m. for seven-to 11-year-old boys, noon - 2 p.m. for 12 - to 15-year-old boys and 3-5 p.m. for nine- to 17-year- old girls.
■Link Up 2 Golf offers participants over \$300 in savings. It costs \$99 per

person and includes eight hours of instruction, free range punch cards and three golfing experiences. Register now for March 22 class.

Youth Center
Registration for Operation Night Hoops will be held Monday through Friday, 3 - 6 p.m., and Saturdays, 1 - 6 p.m., March 13 - 20 at the center. Cost is \$10 per player with seven players per team. Season starts March 26 for eight weeks.

STREAMING VIDEO



ROBINS REPORT

News from around the base –Watson and Cox Channel 15
Friday – 8 p.m. **■Sunday** – 1:30 p.m. **■Monday** – noon

CHAPEL SERVICES

Catholic Masses are celebrated at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., and on Holy Days of Obligation at noon and 5 p.m. and Monday through Friday at noon. The Sacrament of Reconciliation is on Saturday from 4:30-5:15 p.m.
Protestant General Services take place every Sunday at 11 a.m. This service

includes some traditional and contemporary worship styles in music and in format.
Protestant Inspirational Services take place every Sunday at 8 a.m.
Protestant Contemporary Services take place 11 a.m. each Sunday at the Base Theater. This service is very informal, with a praise team assisting in singing and includes both traditional and contemporary

styles of music and worship.
Jewish service time is each Friday at 6:15 p.m. at the Macon synagogue.
Islamic Friday Prayer (Jumuah) is Fridays at 2 p.m. in the chapel annex Rooms 1 and 2.
The chapel helps with spiritual needs that arise. For further information, call the chapel at 926-2821.

MOVIE SCHEDULE

Friday
7:30 p.m. – Cold Mountain – Jude Law and Nicole Kidman
Based on the best-selling novel, a wounded Civil War soldier, Inman, gets up from his deathbed and begins the long, difficult walk home to Cold Mountain, N. C., so he can be with Ada. Inman encounters many obstacles along the way. Ada although heartbroken is struggling to care for her deceased dad’s farm. She receives a helping hand in the form of a sassy, hard-working wanderer.
Rated R (violence and sexuality) 154 minutes

Saturday
7:30 p.m. – The Butterfly Effect – Ashton Kutcher and Amy Smart
Evan is an emotionally conflicted man dealing with suppressed childhood memories. Cleverly enough, he discovers a way to travel back in time, but his different actions in the past have enormous ramifications for his future/present. And every time he heads in time to fix the problems he’s created, things invariably get worse.
Rated R (violence, sexual content, language and brief drug use)113 minutes



CE sings praises of new alert system

By Ms. Lanorris Askew
lanorris.askew@robins.af.mil

A new base-wide alert system known as “Giant Voice” will take all of the confusion out of emergency notification here by adding voice messages where once there were only tones.

According to Mr. M. Wayne Puckett, senior electrical engineer, the “Giant Voice” system will be a base-wide addition partnered with a new interior emergency notification system being installed in 17 of the base’s most populated buildings.

The old system alerted the base of an emergency with two tones. Those alerts, a solid

What to know

The first 17 facilities for interior systems are Buildings 166 (Base Restaurant), 210 (Air Force Reserve Command Headquarters), 214 (Telephone Exchange), 215 (Base Headquarters), 225 (Message Center), 226 (Electronics), 227 (Electronics), 228 (Electronics), 230 (Electronics), 300 (Large Administration), 301 (Large Administration), 376 (Administration/Warehouse), 640 (Large Electronics), 645 (Large Electronics), 700 (Medical Clinic), 826 (Fitness Center) and 982 (Base Exchange).

tone and a wavering tone, were sometimes hard to differentiate because the horns rotated.

“When the horns rotated, it sometimes sounded like a wavering tone even when it

was a solid tone,” he said. “With that system, people had to stop and think, ‘OK, what does a solid tone mean?’ ‘What does wavering mean?’”

The old system only alerted people that a problem existed

and to go inside.

“If you went inside and went to the center of the building for safety, you didn’t know when the siren stopped,” he said. “You’d have to send a sacrificial lamb out to see if all was clear. That was a problem.”

The civil engineer said the need for a way to get messages to people inside buildings had been discussed for several years with senior leadership, but the funds were not available to pursue a solution. The new system became possible through special funding from antiterrorism force protection initiatives after 9-11.

“This was our top funded AT/FP project last year,” he

said. “It was funded for just under \$1 million.”

The “Giant Voice” system will notify the entire base of emergencies, such as natural or terrorist threats via siren, voice, or other sound. The system will cover the entire base on the exterior of buildings.

Although the people in most buildings should be able to hear the exterior notice, some of the larger buildings will get speakers indoors. The system will go a step further and also allow the playing of the national anthem, taps, or other selections.

“The current system was never designed to cover the entire base and can’t be heard inside a number of buildings,”

said Mr. Puckett. “It has no voice capability and limited siren sounds. The new system will have far wider capabilities.”

Though initially only 17 buildings were chosen for this project, extra funding is available, and about three more may be added.

According to Mr. Terry Landreth, engineering design chief, the buildings included cover more than half the base population.

The exterior horns will be placed on 60-foot poles in various locations and will reach both work areas and base housing. The date of completion is set for June 2005, but it could be completed earlier.

A new boss



U.S. Air Force photo by Tech. Sgt. Detra Mason

The 116th Mission Support Group's command changed hands Feb. 27, when Col. Lois Schmidt relinquished command to Col. Bob Doehling. Above from left Brig. Gen. Tom Lynn, Master Sgt. William Cutshaw and Colonel Doehling participate in the ceremony.

C-5 making history again

By Ms. Lisa Mathews
lisa.mathews@robins.af.mil

The C-5 Production Branch made history Feb. 4 when they sold an aircraft following a taxi check flight.

On average the C-5 takes three flights to complete the functional check flight. For this aircraft that number was trimmed by two, and tail number 86-026 was produced nine days ahead of schedule.

Col. George Ireland, branch chief, and Mr. Steve Tomblin, deputy branch chief, congratulated the functional test crew and presented each with a C-5 coin Feb. 6.

The colonel reminded the group that the U.S. military is planning to conduct major unit rotations and C-5s will play a major role.

“Production of aircraft 86-026 was a significant accomplishment for the C-5 Production Branch,” Colonel Ireland said. “It shows that we are supporting the war fighter - particularly in these days of extremely heavy airlift requirements. It goes a long way to extending our reputation for producing quality aircraft on time.”

“The guys at functional really pulled together on this,”

said Mr. John Guido, functional test supervisor. “Because of the conflict going on overseas, Air Mobility Command is asking for C-5B models to be produced quicker. I think the guys buckled in and did that for the team.”

He explained the first flight following PDM for a C-5 usually results in write-ups which will be serious enough to prevent the functional check flight status.

“On this airplane they flew it two-and-a-half hours and everything just fell into place. It was a real good airplane from the ground up,” he added.

Colonel Ireland and Mr. Tomblin, while expressing their congratulations to the functional test crew, also reminded everyone that the completion of the C-5 was an effort from all of those working in the C-5 Production Branch and the flight crews of the 339th Flight Test Squadron.

“I’m very proud of my functional test unit. They continue to amaze me as well as everyone else with their performance. They keep getting better and better,” said David Mann, C-5 Production Section chief.

RETIREMENTS

February and March

Maggie E. Adams
Richard Allison Jr.
Edwin P. Carter
Inez L. Casper
Robert T. Coker
Barbara S. Conner
William M. Cromer
R. Howard Davidson
William G. Dixon
Harold P. Etheridge
Sara P. Halligan
Timothy L. Harwell
Alonza Jackson
Johnny L. Jennings
John G. Lewis
Paula B. McGuoirk
Shirley M. Rains
Hillory M. Renfroe
John K. Rich
Robert C. Westmoreland
Dennis E. Williams

December and January

Judith Johnson Adams
Roy H. Abbott
Jesse W. Anderson
Eugene Andrews
Francis L. Balkcom Jr.
Willie M. Barber
Leon E. Barfield Jr.
Mary Ellen Barnes
Millard J. Bennett
Martha S. Birdwell
Eric C. Blazi
Mildred B. Brandful
Maryann A. Brantley
Billie A. Brooks
Charles R. Carter
Mary Jo Coleman
Douglas R. Corvey
George W. Crabb
John P. Crader
Ronald W. Crawford
Stephen M. Degenhart
Frank L. Dejeet
Louis H. Dittman
James P. Dixon
Samuel Dorsey Jr.
Charles Drake

Roger K. Dunn
Paul C. Dyer
Delmar F. Evans
Geraldine Evans
George W. Everett
Charles E. Ferguson
Ulysses J. Finney
Evelyn J. Fountain
James D. Free
Ernest C. Genone
Bonnie R. Gibson
Terry N. Giddens
Monte S. Glass
Dennis H. Goodearle
Gail M. Grover
Albert L. Harrison
Dora A. Havard
Joseph C. Hobbs
Charles L. Hopkins IV
Clifford E. House
Curtis J. Houston
Nathan J. Howell
Ronald B. Hoyt
Donald L. Huff
John G. Hughes
John D. Hundley
Raymond L. Jacobs
Lee A. James
Donald R. Jarzynka
Elaine F. Johnson
Judith C. Johnston
Wayne R. Larson
Linda L. Leslie
W. Hazel Marsh
Forest W. McCaul
James D. McCullough Jr.
Walter A. McHargue
Elizabeth B. McKissick
Jimmie W. McKissick
Ruth T. McMichael
Jimmy C. McTier
Donald R. Michels
Charles D. Middleton
Roger D. Middleton
Gwendolyn B. Moore
Ronald R. Moore
Bennie A. Mygrant
Jean C. Neisler
John W. Nunnemaker Jr.
Donald J. Parker

Tommy G. Parker
Billy W. Parks
Harold C. Parks
Harold J. Peacock Sr.
William R. Peacock
(Col.) David C. Peel
Raul Penaloza
Thomas K. Pfost
Bobbie J. Phillips
James W. Phillips
Robert T. Poss
Walter E. Raleigh
Linda W. Raley
Russell B. Rawlins
Gerald M. Reed
John M. Reid
Kelsie Riggins
Gerald R. Roberts
Roy L. Roberts
Clifton D. Robinson
Sandra L. Setinsek
Isaac Slaughter
George E. Sneed
Gilbert R. Sowash
John W. Stewart
Larry D. Stokes
Walter A. Strange
Andria Paulette Stuckey
Gerald L. Suckow
Betty H. Thompson
Frederick Thompson
Steve Thompson
Virgil D. Tidwell Jr.
Martha A. Tucker
Lavada A. Tyson
Rebecca M. Walker
Herman R. Walters
Tommy J. Warren Jr.
Glenn E. Watson
Larry C. White
Edward M. Wildes
Betty S. Willis
Linda P. Willis
Cecil W. Wilson
James A. Wilson
Johnny P. Wilson
Theron O. Winters
Peter J. Wood

Lean training event a success

By Ms. Lanorris Askew
lanorris.askew@robins.af.mil

A group of 26 subject matter experts, training administrators and managers met for four days at the Park’s British Aerospace conference room in Warner Robins last month to establish an improved training process for all organizations at Robins.

“The success came from clearly identifying the problem areas, working as a team to identify potential solutions, and laying out an action plan for execution,” said Mr. Ken

Wallace, event lead.

The next step is establishing timelines for the group’s proposed action plan, and scheduling working groups to work follow-on events and projects.

“We’re currently meeting to strategize and put into play all action items,” he said.

According to Mr. Wallace, the event was one of five Center-wide processes identified by senior leadership last year and re-emphasized in the Lean Corporate Council as a priority for process improvement.

“This is one of the first attempts to apply Lean principles to a process across the entire Center with the support of upper management,” he said. “There was positive feedback from all.”

The goal of this event was to establish an improved process to provide standardized, efficient and effective training to all organizations.

This improved process will include determining employee training requirements, scheduling training, maximizing utilization and accurately forecasting future requirements.

“The success came from clearly identifying the problem areas, working as a team to identify potential solutions, and laying out an action plan for execution.”

Mr. Ken Wallace
Lean event lead

jimmy
59520605

union
59601701

century
59594801

Rollins visits Robins



U.S. Air Force photos by Ms. Sue Sapp

Mr. Tree Rollins, former NBA player and coach for the Macon Blaze – one of the nine teams in the newly-formed World Basketball Association – visits Robins Fitness Center and the Youth Center Feb. 26. Above and right, Mr. Rollins signs autographs. The Cordele, Ga., native had an 18 season career with the Atlanta Hawks, Orlando Magic, Detroit Pistons, Chicago Bulls, Cleveland Cavaliers and Houston Rockets. Mr. Rollins played 11 seasons with the Atlanta Hawks, setting the record for blocked shots - 343 - during the 1983-84 season.



Spinning offers heart-pumping low-impact path to fitness

By Ms. Holly J. Logan
holly.logan@robins.af.mil

When running makes your soles tired, and aerobics have lost their step, try giving your exercise routine a “spin.”

Spinning, the exercise sensation that spun its first wheels with cycling enthusiast Mr. Johnny Goldberg (better known as Johnny G.) in 1986, has many people pedaling their way to fitness.

Mr. Michael Zervos, a two-year spinning instructor at Robins Fitness Center, said the exercise set to upbeat music is a heart-pumping, low impact alternative to other cardiovascular conditioning methods.

“I started out taking a few classes and I really enjoyed it,” he said. “I had an instructor tell me I was so good that I should teach a class.”

The 46-year-old father of two who has been spinning for three years said the

indoor activity is a great way for people of all ages to reach fitness goals.

“It’s low impact and doesn’t give your joints that stomping jar like running and some other forms of exercise do,” he said. “It gets your heart to function at the right rate to lose weight.”

As with most exercise programs, Mr. Zervos recommends people consult their physicians before starting.

More than 20 people participate in 11 classes offered weekly in the old base gym adjacent to the Fitness Center.

Lt. Col. Tim Bernstein, who has been spinning for

What to know

Robins Fitness Center offers spinning classes in the old base gym on a weekly basis. For more information, call 926-2128 or visit www.spinning.com.

two-and-a-half years, said the cycling class is a good addition to any cross training exercise program.

“You should always vary your cardio exercise routine to prevent boredom,” he said. “If you’re looking for a good workout, this is it.”

Check out the Robins Rev-Up online at:
www.robins.af.mil/pa/revup-online/index.htm

dekalb
59574801

armed
59588101

theater
59601102

sun
59597001

All in a day’s work



U.S. Air Force photo by Ms. Sue Sapp

Ms. Jackline Baker – Fitness Center recreation assistant

“I’ve been working at the Fitness Center since May of last year. I teach ABS LAB classes, a 30 minute class focusing on abdominals, legs and lower back; Live Wire circuit training which is cardio and strength training; and also PTL’s, physical training leaders, for the units. I teach

flex exercises for the units as well as boot camp exercises. I prescribe exercise programs using the FitLinxx, and I perform fitness assessments using the microfit computer system.

We have an awesome facility here. It’s a privilege to be working in

this environment.

The best part of my job is to be able to motivate others to reach their goals and once they’ve reached their goals I get to enjoy their success with them. I also get to meet new people and it keeps me physically active at the same time.”

Top enlisted chosen for Georgia ANG



Master Sgt. Anthony Davis

Four Georgia Air National Guardsmen have been chosen as Georgia’s Outstanding Airmen of the Year.

Master Sgt. Anthony Davis of the 202nd Engineering Installation Squadron was chosen as the outstanding first sergeant of the year for 2003.

This is Sergeant Davis’ second consecutive win.

Master Sgt. Benjamin Simmons of the 116th Logistics Flight here was selected as outstanding senior non-commissioned officer of the year.

Tech. Sgt. Mariyka Burnham of the 116th Communications Flight was selected as the outstanding NCO of the year; and Senior Airman Mantis L. Pineiro of the 165th Aerial Port Squadron in Savannah was selected as Airman of the year.

These four were selected from more than 40 enlisted members of the Georgia Air National Guard, singled out by individual commanders for outstanding professional skills, knowledge and leadership.

– *From staff reports*

morgan
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beds
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